A Digital Cook Book

Greetings!

The idea for this book was conceived out of necessity. As most people these days, I am very busy. I design and develop web sites for small businesses. And, while I enjoy cooking and eating meals, I just don't have the time to shop and plan them. Over the years, and with the help of friends I have learned what foods I like, and that there are many ways to combine and prepare the same ingredients.

Realizing this, I set out to organize these ingredients into one shopping list. As long as I buy everything on the list and make sure I always have these ingredients in the house I can choose what I want to cook, when I want to eat! No planning and stopping at the grocery store 4 times a week.

With 30 Recipes, 30 Ingredients, I can have a delectable meal for just about every day in a month. And, now you can too.

Enjoy!

Margaret O'Connor

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Shopping List

1. Pasta
    a. Fettuccine
    b. Linguini
    c. Penne
    d. Spaghetti
2. Rice
    a. White Long Grain or Jasmine
    b. Minute Rice
3. Potato
    a. Any Kind – used for mashing
4. Breadcrumbs
5. Tortillas
6. Grinder/Sub/Hero/Torpedo Rolls
7. Scallops - Fresh
8. Shrimp - Fresh
9. Beef
    a. Ground
    b. Tips/Strips
10. Boneless Chicken Breast
11. Parmesan Cheese - Grated
12. Mozzarella Cheese - Grated
13. Peppers – Red and Green
14. Onion – Fresh
15. Garlic – Fresh
16. Broccoli – Fresh or Frozen
17. Green Beans – Fresh or Frozen
18. Corn - Frozen
19. Lemons - Fresh
20. Peaches – Fresh or Can
21. Tomatos - Can
    a. 14-16 oz. Tomato Sauce
    b. 14-16 oz. Diced
    c. 14-16 oz. Crushed
22. Basil – Fresh
23. Parsley – Fresh, Flat leaf
24. Olive Oil – Virgin or Extra Virgin
25. Butter
26. Soy Sauce
27. Vinegar - White
28. Egg
29. Milk
30. Sugar

Notes

- Salt and Pepper are suggested in many of the recipes. Add amounts that suit your taste. It is a good idea to always have Salt and Pepper on hand.

- Purchase a hand held garlic press. It makes crushing garlic easy.

- Herb Substitutions: Many recipes call for Basil and/or Parsley. Each recipe indicates whether to use fresh or dried herbs. In all cases you can substitute one for the other. The general set of rules to determine the substitution is:

  ½ Cup Fresh = 8 Tbsp. Fresh

  8 Tbsp. Fresh = 4 Tsp. Dried

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Recipes

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American Chop Suey

Directions

Make the Tomato Sauce first. In a large sauce pan, mix all of the Sauce ingredients. Cook for 1.5 hours until grease forms on top of sauce.

Cook Macaroni or Penne Pasta as directed on package.

Brown Ground Beef and Onion. Drain off grease, returning Ground Beef to frying pan.

Add Tomato Sauce and Pasta to the Ground Beef. Cook over medium heat until heated throughout.

Ingredients

Tomato Sauce:
1 Can (14-16 oz) Crushed Tomatos
1 Tbsp. Parsley, Dried
1 Tsp. Basil, Dried

1/2 Lb. Macaroni or Penne Pasta
1 Lb. Ground Beef
1 Small to Medium Onion, Chopped

Variation: Use shallot instead of onion.

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Beef and Broccoli

Directions

In a large bowl, marinate the Steak Tips for 10 minutes in Soy Sauce, Cornstarch and Sugar. Remove the Steak Tips from bowl and reserve the sauce mixture.

Place the Steak Tips in a large frying pan, and brown in Olive Oil. Add Onion and cook until onion is tender, but crisp. Stir in Broccoli. Cook 10 minutes. Stir in reserved marinade.

Serve over rice.

Ingredients

1 Lb. Steak Tips, (bite size pieces)
1/2 Cup Soy Sauce
4 Tsp. Cornstarch
1 Tsp. Sugar
2 Tbsp. Olive Oil
1 Medium Onion, Thinly Sliced
1 Cup Broccoli, Fresh

Variation: Use Pea Pods instead of Broccoli. Use Steak Strips, usually packaged for stir-fry instead of Steak Tips. Use Frozen Broccoli instead of Fresh, but cook for only 2-3 minutes after adding, instead of 10.

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Beef with Green Peppers

Directions

In a large frying pan, saute the Steak Tips in Olive Oil, Soy Sauce and Cornstarch, until beef is browned. Add Peppers and salt and pepper to taste.

Cook until peppers are tender, but crisp, about 10 minutes. Serve over rice.

Ingredients

1 Lb Steak Tips
1/4 Cup Soy Sauce
2 Tsp. Cornstarch
4 Green Peppers, Thinly Sliced
4 Tbsp. Olive Oil

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Chicken Kiev

Directions

Roll the butter slices in mixture of Parsley, Garlic and Salt and Pepper to taste.

Roll chicken breasts around butter slices.

Brush chicken rolls with beaten egg. Roll in Breadcrumbs and saute in Olive Oil, turning to cook evenly on all sides.

Ingredients

4 Boneless Chicken Breast Slices
1/2 Stick Butter, cut into 4 slices
2 Tbsp. Fresh Parsley
1 Clove Garlic, Crushed
1 Egg
1/2 cup Bread Crumbs
2 Tbsp. Olive Oil

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Chicken Marengo

Directions

In large frying pan, saute Chicken in Olive Oil with Onion. Add Vinegar, Garlic, Parsley, Tomato Sauce and Salt and Pepper to taste.

Cover and simmer about 1 hour, until ingredients are tender. Remove meat. Strain the sauce and return the strained sauce to the frying pan. Reduce 5 minutes.

Place rice in a serving dish, and pour the sauce over it. Serve with rice.

Ingredients

4 Boneless Chicken Breast Slices
1 Onion, thinly sliced
1/2 Cup Olive Oil (8 Tbsp.)
1/2 Cup Vinegar
2 Garlic Cloves, Crushed
1/2 Cup Fresh Parsley, Chopped
1 Can (14-16 oz) Tomato Sauce
1 Cup Water
4 Servings of Rice

Variation: Use Chicken Stock instead of Water. Add herbs such as 1/2 Tsp. Thyme and 1 Bay Leaf to the simmering frying pan.

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Chicken with Peaches and Basil

Directions

Brush Chicken with Egg. In a large frying pan, saute over a medium heat in Butter, until done, approximately 30 minutes. Turn over a couple of times to cook both sides evenly through. Remove to a temporary dish.

Peel and slice the peaches.

Pour Water into frying pan. Add Peaches, Onions and Lemon Zest. Cook, stirring until thickened. Stir in Basil and Salt and Pepper to taste.

Place Chicken in serving dish and pour sauce over it. Serve with Rice.

Ingredients

4 Boneless Chicken Breast Slices
2 Fresh Peaches
1 Egg
2 Tbsp. Butter
3/4 Cup Water
1 Onion, Chopped
Zest of 1 Lemon (1/4 Tsp.)
1/2 Cup Fresh Basil Leaves, Chopped

Variation: Dredge Chicken in Flour after brushing with egg.
Use Shallots instead of onions.
Use Chicken Broth instead of Water. Use 1 small can of peaches instead of fresh peaches.

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Chicken Stew with Peppers and Peaches

Directions

Crock Pot Recipe
Mix all ingredients, except for Peaches, Cornstarch and Bell Pepper in a 3-6 quart Crock Pot. Cook 7-8 hours on low or 3-4 hours on high.

Gradually stir in a mixture of Peach Juice and Cornstarch into Crock Pot. Stir in Peaches and Pepper. Cook 15 more minutes.

Ingredients

4 Boneless Chicken Breast Slices
1/2 Water
2 Tbsp. Soy Sauce
1 Small Can Peaches
1 Tbsp. Cornstarch
1 Red Pepper

Variation: Use Pineapple instead of Peaches. Use Chicken Broth instead of Water.

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Fettuccine with Lemon and Parsley

Directions

Cook Fettuccine Pasta as directed on package.

In a small frying pan, saute Butter. Add juice from Lemon and Milk. Saute and stir for about 1 minute. Place in serving dish. Toss in Fettuccine and parsley.

Ingredients

1/2 Lb. Fettuccine
2 Tbsp. Butter
1 Lemon
1 Cup Milk or Cream
1/4 Cup Fresh Parsley, chopped

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Fettuccine with Scallops in Lemon Sauce

Directions

Cook Fettuccine Pasta as directed on package. Add the Frozen Green Beans to the boiling pasta 2 minutes before draining Pasta.

In a large frying pan, saute Bay Scallops in 1 Tbsp. of the Butter, over medium heat, stirring frequently, until opaque, about 5 minutes.

Pour Bay Scallops into serving dish. Add Drained Fettuccine and Green Beans. Add juice from the 2 Lemons and the remaining 4 Tbs. of Butter. Add Salt and Pepper to taste and toss.

Ingredients

1 Lb. Bay Scallops (small)
1/2 Lb. Fettuccine Pasta
1/2 Lb. Frozen Green Beans
2 Lemons
5 Tbsp. Butter

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Fettuccine Alfredo

Directions

Cook Fetuccine as directed on package.

Return to Pot. Add Olive Oil and toss.
Add Milk, Parmesan Cheese, Scallions, Basil and Garlic. Cook over medium heat until bubbly, stirring constantly.

Ingredients

1/2 Lb. Fettuccine
1/4 Cup Scallions, Sliced
3/4 Cup Milk
1/2 Cup Grated Parmesan Cheese
2 Tbsp. Fresh Basil, Chopped
1 Garlic Clove, crushed
1 Tbsp. Olive Oil
Zest of 1 Lemon

Variation:
Add in any of the following: Green Beans, Corn, Red Pepper, Shrimp, Broccoli. Use 1 Tsp. Dried Basil instead of Fresh.

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30 Recipes
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French Chicken

Directions

Crock Pot Recipe:
Mix all ingredients, except for Olive Oil, in a 3-6 quart Crock Pot. Cook 7-8 hours on low or 3-4 hours on high.

Stir in Olive Oil and sprinkle with Parsley.

Ingredients

4 Boneless Chicken Breast Slices
2 Cans (14-16 oz.) Diced Tomatoes
1 Red Pepper, Thinly Sliced.
2 Cloves Garlic, Crushed.
1 Tbsp. Olive Oil
1/2 Tsp. Dried Basil
1/4 Cup Fresh Parsley, Chopped

Variation: Add 1 Tsp. Oregano and/or 1 can Canellini beans.

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Ground Beef and Green Bean Casserole

Directions

Brown the Ground Beef and Onion in a large frying pan. Add Tomato Sauce and Green Beans. Add Salt and Pepper to taste.

Place in a casserole dish and cover with Mozzarella. Bake at 350 Degrees for about 30 minutes.

Ingredients

1 Lb. Ground Beef
1 Onion, Chopped
1/2 Can (14-16 oz) Tomato Sauce
4 oz. Frozen Green Beans
1 Cup Grated Mozzarella

Variation: Use Cheddar instead of Mozzarella

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30 Recipes
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Ground Beef Tortillas

Directions

Pre-heat oven to 300 degrees.

Crumble Beef into large frying pan and add Chopped Onion. Saute, stirring frequently until beef is browned, 10-15 minutes. Drain grease from pan.

Add Tomato Sauce, Garlic and Salt and Pepper to taste. Cook until mixture thickens, about 10 minutes. Stir in Frozen Corn and cook an additional 2-3 minutes. Remove from heat.

Top each Tortilla with meat mixture and sprinkle with Parsley. Roll up.

Ingredients

1 Lb. Ground Beef
8 Tortillas
1 Onion, Chopped
2 Cloves Garlic, Crushed
1 Cup Frozen Corn
1/2 Can (14-16 oz.) Tomato Sauce
4 Tbsp. Fresh Parsley, Chopped

Variation: Add additional spices such as Oregano, Cumin and Chili Powder. Use 2 Tsp. Dried Parsley instead of Fresh. Use Coriander instead of Parsley.

Warm tortillas in microwave (wrapped in dampened paper town) or oven (wrapped in foil) prior to topping with meat mxiture and parsley.

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30 Recipes
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Ground Beef and Rice Casserole

Directions

Pre-heat oven to 375 Degrees.

Saute Onion in Butter. Place Rice in casserole dish (grease first). Top with cooked onions.

Add Salt and Pepper to Ground Beef and brown in a large frying pan.

Arrange beef on top of casserole. Combine sauce with Water and pour onto casserole.

Bake uncovered, for 35 minutes.

Ingredients

1 Lb. Ground Beef
1 1/3 Cup Rice (Minute Rice)
1 Small Onion, Chopped
2 Tbsp. Butter
1 Can (14-16 oz) Tomato Sauce
1/4 Cup Water

Variation: Add Diced Celery.

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30 Recipes
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Hawiian Marinated Steak

Directions

Mix all ingredients except for Steak Tips in a large bowl. Then submerge the Steak Tips. Marinate overnight.

Grill and serve over rice.

Ingredients

1 Lb. Steak Tips
1 Cup Soy Sauce
1/2 Cup Olive Oil
2 Tbs. Vinegar
3 Garlic Cloves, Crushed

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30 Recipes
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Lemon Chicken

Directions

Pre-heat oven to 400 degrees.

Sprinkle Chicken Breasts with Basil and rub with Garlic.

Melt butter (ex. in microwave) and place in casserole disk. Add chicken turning to coat both sides. Sprinkle chicken with Salt and Pepper to taste.

Bake for approximately 20 minutes, uncovered, until Chicken is golden brown. Turn and bake 20 more minutes.

Reduce heat to 300 degrees and cook until, tender, about 5 more minutes, depending on thickness of chicken breasts.

Remove from oven and squeeze lemon juice over the chicken. Serve over rice.

Ingredients

4 Boneless Chicken Breast Slices
2 Garlic Cloves, Crushed
1/4 Cup Butter
2 Lemons
1/2 Tsp. Basil

Variation: Add Oregano instead of Basil.

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Linguini Primavera with Scallops

Directions

Cook Linguini Pasta as directed on package. Add Broccoli to the boiling pasta 1minute before draining the Pasta.

In a large frying pan, saute Bay Scallops in 1 Tbs. of the Olive Oil, over medium heat, stirring frequently, until opaque, about 5 minutes. Temporarily transfer to plate.

Using the same pan, add the remaining 3 Tbs. Olive Oil. Add the Peppers, Green Beans, Garlic and Salt and Pepper to taste. Saute for about 5 minutes until vegetables are tender, but a little crisp.

Add the Water and the reserved Scallops to the pan. Heat for 1 to 2 minutes. Place in serving dish. Add drained Linguini and Broccoli and toss to mix.

Ingredients

1/2 Lb. Linguini
1 Cup Broccoli
4 Tbs. Olive Oil
1/2 Lb. Bay Scallops (small)
2 Red Peppers thinly sliced
4 Oz. Frozen Green Beans
3 Cloves Garlic, crushed
1 Cup Fresh Basil Leaves, Chopped
1/3 cup Grated Parmesan Cheese
Grated Zest of 2 Lemons
4 Oz. Water

Variation: Add 1/4 Shrimp or use Shrimp instead of Scallops. Add 4oz. Frozen Sugar Snap Peas.

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30 Recipes
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Linguini with Lemon and Garlic

Directions

Cook the Linguini Pasta as directed on package.

Heat Olive Oil and Butter in small frying pan. Add the Crushed Garlic Cloves and cook over a medium heat for 1 minute, creating a Garlic Oil.

Place the Garlic Oil in serving dish. Toss in Parsley, Lemon Zest, Lemon Juice and Salt and Pepper to taste. Then, toss in the Linguini Pasta.

Ingredients

1/2 Lb. Linguini
2 Cloves Garlic, Crushed
1/4 Cup Olive Oil
2 Tbs. Butter
1/4 Cup Fresh Parsley,Chopped
Grated Zest of 2 Lemons
2 Tsp. Lemon Juice

Variation: Works will with spaghetti also.

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Linguini with Scallops and Garlic

Directions

Cook Linguini Pasta as directed on package.

In a large frying pan, saute Bay Scallops in Olive Oil and Garlic over a medium heat, for about 5 minutes, stirring frequently, until opaque.

Remove Scallops to temporary dish.

Add Onion, the Red and Green Pepper, butter and Salt and Pepper to taste. Cook over low-medium heat until peppers are tender, but a little crisp, about 15 minutes. Add Scallops and heat through.

Ingredients

1/2 Lb. Linguini
1/2 Lb. Bay Scallops (small)
1/2 Onion, Chopped
1 Red Pepper, Thinly Sliced
1 Green Pepper, Thinly Sliced
4 Cloves Garlic, Crushed
2 Tbsp. Olive Oil
2 Tbsp. Butter

Variation: If you don't like onions, substitute 1 Shallot for the 1/2 onion. Add 1/4 Lb. Shrimp or use Shrimp instead of scallops. Use only red peppers if you don't like green ones.

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Meatloaf

Directions

Pre-heat over to 350 Degrees.

In a large mixing bowl, mix all of the ingredients together, except for Mozzarella. Place into a loaf pan.

Bake 30 minutes. Top with cheese and place back in oven. Bake until cheese is melted, about 15 minutes.

Ingredients

2 Lbs. Ground Beef
1/2 Cup Bread Crumbs
1 Red Pepper, Chopped
1 Green Pepper, Chopped
2 Onions, Chopped
2 Eggs
1 Garlic Clove, Crushed
1/2 Cup Grated Mozzarella

Variations: Use Cheddar cheese instead of Mozzarella.

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30 Recipes
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Oriental Chicken with Broccoli

Directions

In large frying pan, saute Garlic in 2 Tsp. Olive Oil. Add Chicken and stir. Cook for approximately 3 minutes. Remove Chicken to temporary dish.

Add remaining 1 Tsp. Olive Oil to the frying pan. Add Scallion and Broccoli. Stir-fry for 1 minute. Add Chicken and Soy Sauce.

Serve over cooked rice.

Ingredients

4 Boneless Chicken Breast Slices
3 Tsp. Olive Oil
2 Garlic Cloves, Crushed
2 Scallion stalks, Sliced
1 Cup Fresh Broccoli, Chopped
2 Tbs. Soy Sauce

Variation: Add 2 Tsp. Ginger, Crushed.

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30 Recipes
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Penne with Basil and Mozzarella

Directions

Cook Penne Pasta as directed on package.

Drain and return to pot. Add the Grated Mozzarella and Parmesan Cheeses, Butter, Olive Oil and Salt and Pepper to taste. Then toss over low heat until Mozzarella starts to melt. Sprinkle with Basil.

Ingredients

1/2 lb. Penne Pasta
2 oz. Grated Mozzarella Cheese
1 oz. Grated Parmesan Cheese
2 Tbsp. Butter
2 Tbsp. Olive Oil
1/4 Cup Fresh Basil Leaves, Chopped

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Penne Pasta with Red Peppers and Basil

Directions

Cook Penne Pasta as directed on package.

Saute Red Peppers in Olive Oil until tender, but still a little crisp. Place in serving dish. Toss in drained Penne Pasta and Basil.

Ingredients

1/2 Lb. Penne Pasta
2 Red Peppers, Thinly Sliced.
2 Tbs. Olive Oil
4 Tbsp. Fresh Basil, Chopped

Variation: Use 1 Red Pepper and 1/2 Yellow Pepper and 1/2 Green Pepper for a colorful presentation.

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Penne Pasta with Fresh Tomatos and Basil

Directions

Cook Penne Pasta as directed on package.

Saute the Tomatoes and Basil in Olive Oil. Add Salt and Pepper to taste. Place into serving dish. Toss in Drained Penne Pasta.

Ingredients

1/2 Lb. Penne Pasta
1 Can (14-16 oz) Diced Tomatoes
1/4 cup Fresh Basil, Chopped

Variation: Also works well with Bow-ties or Shell shaped Pasta.

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30 Recipes
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Seafood and Vegetable Jambalaya

Directions

In large frying pan, saute Shrimp and Garlic in Olive Oil until shrimp turns pink. Stir in remaining ingredients. Bring to a boil and simmer 5 more minutes, stirring occasionally.

Ingredients

1 Lb. Fresh Shrimp (Shells Removed)
1 Garlic Clove, Crushed
2 Tbs. Olive Oil
1 1/3 Cup Rice (Minute Rice)
1 Can (14-16 oz) Tomato Sauce
2 Cups Green Beans (frozen)
2 Tsp. Sugar

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Shepherd's Pie

Directions

Pre-heat oven to 350 degrees.

Crumble meat into large frying/saute pan. Saute, stirring frequently until browned, 10-15 minutes. Drain grease from pan.

In a casserole dish, approximately 9 in. by 13 in., layer ground beef, corn and potato in that order, starting with the ground beef on the bottom layer and ending with potato on the top. You will have 2 layers.

Bake uncovered for 30 minutes.

Ingredients

1 Lb. Ground Beef
4 Medium Potatoes
1 Large Bag Frozen Corn

Variation: Add 1 Small Bag Green Peas

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Shrimp Parmesan

Directions

In a large frying pan, saute Onion in 1 Tbs. Olive Oil until golden brown. Add Garlic and saute 1 minute longer. Add Shrimp and saute for approximately 3 minutes.

Place Shrimp in a casserole dish.

Add Tomato Sauce and Basil to frying pan and simmer 15 minutes. Add Salt and Pepper to taste.

Pour sauce over shrimp. Add Mozzarella and Parmesan.

Place casserole in broiler, until cheese is bubbly. Serve with rice.

Ingredients

2 Tbs. Olive Oil
1/2 Cup Onion, Chopped
2 Garlic Cloves, Crushed
1 Lb. Shrimp (Shells Removed)
1/2 Can (14-16 oz) Tomato Sauce (approx. 8 oz)
1 Tsp. Dried Basil
8 oz. Mozzarella, Grated
1/4 Cup Parmesan, Grated

Variation: Add Oregano

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Shrimp Scampi

Directions

In large frying pan, melt Butter and Olive Oil. Add Garlic and saute for 1 minute. Add Vinegar, Lemon Juice and Salt and Pepper to taste. Saute quickly, being careful not to overcook.

Place in serving dish and sprinkle with Parsley. Serve over rice.

Ingredients

1 Lb. Shrimp (Shells Removed)
1 Tsp. Butter
2 Tsp. Olive Oil
3 Garlic Cloves, crushed
1/4 cup Vinegar
1 Lemon
1 Tbsp. Fresh Parsley, chopped (for garnish)

Variation: Use White Wine instead of Vinegar.

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Spaghetti and Meatballs

Directions

Pre-heat oven to 350 Degrees.

Cook Spaghetti as directed on package.

Mix all ingredients for Meatballs and roll into balls. Place into a baking dish and bake until lightly browned, about 10 minutes.

In a large sauce pan, mix all the Sauce ingredients. Then add the Meatballs. Cook for 1.5 hours until grease forms on top of sauce.

Serve with spaghetti.

Ingredients

1 Lb. Spaghetti

Meatballs:
1 Lb. Ground Beef
1 Small Onion, Chopped
1 Garlic Clove, crushed
1 Egg
2 Tbsp. Grated ParmesanCheese
1 Tbsp. Dried Parsley
1 Tsp. Dried Basil
1/2 Cup Bread Crumbs

Sauce:
1 Can (14-16 oz) Crushed Tomatos
1 Tbsp. Dried Parsley
1 Tsp. Dried Basil

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30 Recipes
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Steak and Pepper Sandwiches

Directions

Pre-heat oven to 350 degrees.

In a medium frying pan, saute steak over a high heat to brown and lock in juices. Add Peppers and saute until Peppers are tender, but a little crisp.

Place the Grinder Roles on a baking sheet. Place the cooked Steak and Peppers equally into each of the Grinder Roles. Top with the Mozzarella Cheese. Place in oven for about 5 minutes until Rolls are Toasted and Cheese is melted.

Ingredients

1 Lb. Steak tips, cut into bite size pieces
4 Grinder Roles
2 Red Peppers, thinly sliced
2-4 Oz. Mozzarella Cheese

Variation: Add Onion and Mushroom at the same time as the Peppers.

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